

## ABSTRACT

**BACKGROUND:** With the increasing incidence of periodontal diseases and development of antibiotic resistance, there arises a global need for alternative treatment modalities that is safe, efficacious, easily available and economical. Aloe vera is one such product exhibiting multiple benefits in the field of medicine and recently has gained considerable importance in clinical research.

**AIM:** The aim of the study was to assess the effect of aloe vera in the form of mouth wash on dental plaque and gingivitis and to compare it with the gold standard chlorhexidine and placebo.

**MATERIALS AND METHODS:** 60 subjects were randomly allotted into 3 groups: group A treated with aloe vera; group B with chlorhexidine; group C with placebo. Plaque index and gingival index were assessed at day 0, 1 month and 3 months. Subjects were advised to rinse their mouth with the assigned mouth wash twice daily, during 3-month period.

**RESULTS:** The results showed that aloe vera mouth wash was equally effective in reducing periodontal indices similar to chlorhexidine. The results demonstrated a significant reduction of gingival bleeding and plaque indices in both groups over a period of three months compared to placebo. There was a significant reduction of plaque and gingivitis in aloe vera and chlorhexidine groups; and there was no statistically significant difference observed among them ( $p > 0.05$ ).

**CONCLUSION:** The results of the present study indicate that aloe vera may prove to be an effective mouth wash due to its ability in reducing periodontal indices.

**Keywords :** Aloe Vera, Chlorhexidine, Mouthwash, Plaque index, Gingival index